Upcoming Events:

Tuesday, September 4th: Life Lesson at 4:00 PM in the Mantor Seminar Room. Topic is “Operating with a Growth Mindset.”

Sunday, September 9th: Bystander Intervention Training for 1st-Year Thompson Scholars. 6:30-8:30 PM in the NSU Ponderosa Rooms A & B.

Monday, September 10th: Life Lesson at 1:30 PM in the Mantor Seminar Room. Topic is “Appreciating Your Strengths.”

Wednesday, September 19th: Etiquette Dinner for 2nd-Year Thompson Scholars. 7:00-8:30 PM in the NSU Ponderosa Room E. Business attire is required for the dinner.

Thursday, September 20th: Life Lesson at 4:00 PM in the Mantor Seminar Room. Topic is “Staying Motivated & Reaching Goals.”

Tuesday, September 25th: Life Lesson at 4:00 PM in the Mantor Seminar Room. Topic is “Finding Your Middle Mood.”

Friday, September 28th: Denver Trip Risk and Responsibility forms are due to the TSLC Office from all 1st-Year Scholars. A parent/guardian signature is required if the student is under the age of 19.

Monday, October 1st: Life Lesson at 3:30 PM in the Mantor Seminar Room. Topic is “Recognizing Healthy Relationships.”

Academic Support Services at the UNK Learning Commons

The UNK Learning Commons is a “one-stop shop” for academic support at UNK; its relaxed atmosphere provides learning opportunities outside of the classroom with other UNK students leading all services. Programs of support include:

Subject Tutoring: You can access tutoring for many courses on a walk-in basis in the Learning Commons. Tutors help with a wide variety of courses, including most business, natural science, and math classes, as well as Spanish, Psychology, and the Math PRAXIS Core. Several math faculty volunteer to assist students alongside tutors. Study groups and test reviews are available for select sections of Algebra courses, Accounting 250, Biology 225, General Chemistry, and MGT 233.

Writing Center: You can get assistance by appointment with any piece of writing face-to-face or online, from the initial brainstorming process to completing the final draft of a paper. Appointments for 1-2 page papers should be scheduled for 30 minutes, and 3+ pages should be 60 minutes or longer.

Success Coaching: Success Coaches work with you by appointment to help develop stronger study skills and time management. They are trained to address your academic concerns, investigate whether strategies “worked”, and help you learn to plan for upcoming tests and papers.

Supplemental Instruction: Supplemental Instruction (SI) is provided for Dr. Kegley-Owen’s Chemistry 145 section. A student (SI Leader) who already successfully completed the course provides collaborative study sessions using games and activities to keep learning fun.

Language Learning Support: Enhance your speaking proficiency in French, Japanese, and Spanish. You can make 1-1 appointments for conversation, participate in monthly cultural events, or attend Language Tables with a group of classmates. You do not have to be enrolled in a language course to practice speaking a new language!

The UNK Learning Commons is provided to you through student fees and is highly recommended as a key resource for your success at UNK. The UNK Learning Commons is located on the 2nd floor of the Calvin T. Ryan Library. We encourage students to use the Learning Commons when signed in for TSLC study hours at the library.

Fall 2018 Learning Commons Tutoring Schedule: http://www.unk.edu/offices/learning_commons/Subject%20Tutoring/tutoring_schedule.php

Tips for Academic Success:

You can request assistance at the Calvin T. Ryan library by texting, calling, emailing, or visiting the reference desk on the main floor of the library. Reference librarians can help you find articles and library resources needed for your academic courses.

You can “Ask a Librarian” for help using the following link; be sure to check out the additional links on the left menu that can lead to many other helpful academic resources. http://library.unk.edu/ask/
**Student of the Week**

Name: Charlotte Okraska

Hometown: Clay Center, NE

Major: Chemistry

What is the best part about being a Thompson Scholar? The best part about being a Thompson Scholar are the standards that I know I will be held to. I feel like I've been set up for success both academically and socially/emotionally, and I know that I have a large support system I can fall back on if I need to.

Why were you given your name and does it have a special meaning? My name is special because it’s a family name. My maternal grandmother’s middle name is Charlotte, and my paternal grandmother’s middle name is Rose, so my name is Charlotte Rose.

What’s the biggest challenge you have ever faced? The biggest challenge I have ever faced was when my little sister had a stroke. My parents were gone a lot with her in and out of the hospital, and it was a hard time for our family. We didn’t know if she would die or the extent of the brain damage she suffered.

What is your favorite word or phrase that you say most often? I love *The Princess Bride*: the book, the movie, everything. If I’ve recently watched the movie, I’ll spend a few days exclaiming “inconceivable” every chance I get!

What is the most incredible item or exhibit you have ever seen in a museum? I went to the Joslyn Art Museum on a field trip once, and there was this painting, “The Grief of the Pasha,” that was so colorful, vivid, and full of emotion I wanted to stare at it forever.

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What are you obsessed with? I am obsessed with books. I love to read.

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**TSLC Mural Installed in Mantor Hall**

The Thompson Scholars Learning Community has partnered with Residence Life since the second year of the TSLC program (2009-2010) for 1st-Year Thompson Scholars to reside in Mantor Hall; TSLC offices and additional programming space such as the Mantor Hall Seminar Room and the TSLC Conference Room have helped to establish Mantor Hall as the “home” of the TSLC at UNK.

During Summer 2018, Thompson Scholar Elizabeth (Libbie) Cramer completed her graphic design practicum hours through the UNK Communications and Marketing department; the TSLC program utilized Libbie’s talents to design a UNK TSLC mural for the Mantor Hall Main Lounge, on the exterior wall of the TSLC Conference Room. According to Libbie, “I was given the chance to create something for the future of the learning community and it feels special to have this happen. Besides that the project was TSLC related, it was the best client relationship I had all summer; the process was most realistic in terms of the working world.”

The design includes a prominent display of the TSLC logo and vision statement, while also reflecting the culture of UNK TSLC. “The mural speaks to how effective the community is and the words in the background hold true to the TSLC mission and my experience. Seeing the mural up on the wall makes my work more believable and I can see how it will impact people. Also, it is great seeing an updated wall space in the residence hall,” observed Libbie.

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**Feeling Homesick? Resources & Tips**

Homesickness is common for students as they make adjustments to college life. While it will change as time passes, students will have to work through feelings of homesickness to be successful at UNK.

- Talk to someone about your feelings. Friends, RAs, Mentors, PALs, faculty, staff, advisors, and counselors are here to help at UNK!
- Stay in contact with people back home while building your life at UNK. Invite the people you miss to come visit you in Kearney.
- Join organizations related to your major or interests. Finding connections at UNK and in Kearney helps to ease feelings of loneliness. Also, give yourself permission to enjoy your collegiate life; growing more independent will be necessary to succeed.
- Don’t make emotional decisions about college while you are feeling homesick. Talk with advisors before dropping classes.
- If your emotions are impacting your ability to attend classes or to focus on your work, contact the TSLC Office to learn more about campus resources to support your transition to college.

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